

The Advocate

HCPSS Elementary School Counseling Monthly Newsletter



IN OUR WORLD

Did you know that October is National Bullying Prevention Month? The goal of this month is to increase awareness, understand potential impacts, identify protective factors, and work together to stop bullying and cyberbullying. Please check out the links below for more information.

[STOMP Out Bullying](#)
[Stop Bullying](#)
[National Bullying Prevention Center](#)



IN OUR COUNTY

Across Howard County, elementary schools are implementing a daily social-emotional learning program called [Caring School Community](#). This research based program has many long term [benefits](#) for student learning and also serves as a bullying prevention effort that fosters kind and respectful school environments. Click [here](#) to read more about how this program helps your child(ren) and the students in our county!



IN OUR SCHOOL

Becky Reeb, School Counselor

<rebecca_reeb <rebecca_reeb@hcpss.org>

All students and staff participated in a *Start with Hello* “Hey Day.” Students and staff wore “Hello, my name is _____” name tags and were encouraged to reach out and say hello to others throughout the day in their classrooms, during lunch and recess, in the hallways, and any opportunity that arose. During morning announcements, guest students shared how to say hello in many different languages. Students were also reminded of the *Start with Hello* steps: 1. [See someone alone](#) 2. [Reach out and help](#) 3. [Start with hello](#). Be sure to ask your child about the “Hey Day!” Thanks for your support at home!



IN OUR HOMES

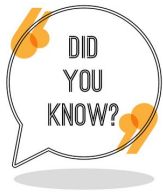
Last month, this section listed information about [resiliency](#). It is no surprise that resiliency is an integral protective factor from the potential impacts of bullying. It is helpful to talk to your child(ren) about the differences between (1) rude, (2) mean, and

(3) bullying behaviors (learn more [here](#)) and different strategies for handling each of them. This empowers children to understand when and how it is appropriate to navigate an uncomfortable or undesirable situation and when it is imperative to enlist adult help! Check out some of the book titles listed below to get the conversation started!



Book List

- Enemy Pie (PK-7)
- Each Kindness (K-3)
- Bully (2-5)
- Wonder (4-6)
- The Recess Queen (PK-3)
- The Juice Box Bully (PK-5)
- The Hundred Dresses (1-4)
- The Invisible Boy (1-4)
- Chrysanthemum (PK-3)
- Weird, Tough, Dare (Series, K-5)



Fun Fact!

Did you know that elementary school counselors implement a school-wide counseling program? School programs are based on student needs in the areas of academic, social/emotional, and career development. These programs are designed for ALL students and are delivered using a combination of direct and Indirect services. Direct services include (1) classroom lessons, (2)small group instruction, and (3) individual counseling, and/or (4)behavioral supports. Indirect services may include consultation, collaboration, planning, and referrals for outside providers and additional assistance.